

SSP SPECIFIC HAZARD ATTACHMENT: COLD STRESS

Medical Condition	Signs, Symptoms and Potential Health Effects	Controls	Medical Response
Hypothermia	Pain in extremities Uncontrollable shivering Reduced core temperature Cool skin Rigid muscles Slowed heart rate Weakened pulse Low blood pressure Slow irregular breathing Slurred speech Drowsiness Loss of dexterity/coordination Diminished judgment	<ul style="list-style-type: none"> Minimize exposure Reduce manual work load Ensure workers drink plenty of water Establish warm locations for breaks Establish work and rest regimens Establish wind shelters Minimize sitting still or standing around Ensure proper sleep Ensure proper diet Ensure right balance of protective clothing Ensure workers are not overheated by clothing 	Remove victim from wind, snow, and rain Minimize use of energy Keep person awake Remove wet clothing Get into dry clothing Wrap in blanket Pack neck, groin, armpits with warm pads or towels Give sweet warm drinks Remove person to medical facility
Frostbite	Whitened areas of skin Burning sensation at first Blistering Affect part cold, numb and tingling		Cover frozen part Provide extra clothing and blankets Place affected part in warm water or with warm pads If no pads, wrap in blanket Discontinue warming when part becomes flushed and swollen Exercise part after warming, but place no pressure on it Give sweet warm fluids Do no rub part with anything Do not use hot heating devices on part Obtain medical assistance

Chilblain	Recurring localized itching Painful swelling of fingers, toes or ears Severe Spasm		Remove to warmer area Consult physician
Frostnip	Skin turns white		Remove to warmer area Refer to treatment for frostbite
Acrocyanosis	Hands and feet are cold, blue, and sweaty		Remove to warmer area Loosen tight clothing Consult physician
Trench foot	Swelling of the feet Tingling, itching Severe Pain Blistering		Remove to warmer area Refer to treatment for frostbite Consult physician
Raynaud's Disease	Fingers turn white and stiff Intermittent blanching and reddening of fingers and toes Affect areas tingle and become very red or reddish purple		Remove to warmer area Consult physician
Distributed by:			Date/time briefed: